

# What are my options for managing hip or knee osteoarthritis?

## A decision aid to discuss options with your practitioner

### What is Osteoarthritis?

- It is a disease that breaks down the joint cartilage and underlying bone. This causes pain, stiffness and swelling in the joints. It limits people from doing what you want and need to do. Usually the symptoms come on slowly, but get worse over time.
- There is no cure but symptoms can be controlled. When simpler treatments no longer work, stronger treatments with possible side effects are tried. Sometimes surgery is needed.

### How is osteoarthritis affecting you? (Circle the number to show your response)

- During the PAST WEEK, on average, how severe was your joint pain?

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
No pain						Worst possible pain				

- During the PAST WEEK, how much JOINT PAIN have you had while...

	None					Extreme					
Walking on flat ground?	0	1	2	3	4	Sitting or lying?	0	1	2	3	4
Going up or down stairs?	0	1	2	3	4	Standing upright?	0	1	2	3	4
At night while in bed?	0	1	2	3	4						

- How much DIFFICULTY have you had in the PAST WEEK due to your JOINT PROBLEMS..

	None					Extreme					
Walking on flat ground?	0	1	2	3	4	Getting out of bed	0	1	2	3	4
Getting up from sitting	0	1	2	3	4	Going down stairs	0	1	2	3	4
Getting in/out of shower/tub	0	1	2	3	4	Bending to the floor	0	1	2	3	4
Putting on socks/stockings	0	1	2	3	4	Kneeling	0	1	2	3	4
Twisting/pivoting on leg	0	1	2	3	4	Running	0	1	2	3	4
Sitting	0	1	2	3	4						

### What is your current plan for managing osteoarthritis? (Check things you are using now)

- Level 0  I have not tried any thing yet  Chondroitin  Capsaicin
- Level 1  Exercise program  Control weight  Glucosamine  Insoles
- Level 2  Acetaminophen  Acupuncture
- Level 3  Topical NSAIDS  Joint injection: steroid Joint injection: Viscosupplement
- Level 4  NSAID pills  Opioid painkillers
- Level 5  See a surgeon about joint replacement

List other things you have tried:

### How often have you followed your current plan during the past week?

I followed my exercise program . . . . .	0 days	1-2 days	3-4 days	5-6 days	7 days	Does not apply
I did things to control weight . . . . .	0 days	1-2 days	3-4 days	5-6 days	7 days	Does not apply
I took my daily medicines . . . . .	0 days	1-2 days	3-4 days	5-6 days	7 days	Does not apply

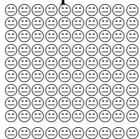





### What are your options?

- 1. Make no change.** You continue as you are doing now.
- 2. Make a change.** You follow your plan more regularly or you try another option

**Working through the 4 steps of this decision aid may help you decide**

## Step 1: What are the benefits and harms of each option?

Blocks of 100 faces show a ‘best estimate’ of what happens to 100 people who choose different options for one to 6 months. Each face ( ) stands for one person. The shaded areas show the number of people who are helped or harmed by the option. There is no way of knowing in advance if you will be the one who is helped or harmed.

Level	Options	Benefits	Serious Harms and Side Effects
<b>Level 0</b> <sup>++ to +++</sup> These options have the same benefits and harms as a placebo (fake treatment)	Chondroitin TENS Capsaicin	<b>0</b> improve due to treatment <b>100</b> don't improve 	The chance of serious harm is the same for treatment or placebo (fake treatment).  Capsaicin can cause discomfort when applied to the skin.
<b>Level 1</b> <sup>+++ to ++++</sup> These options work a bit better than a placebo and avoid serious harm	Exercise Healthy weight Glucosamine Insoles Acetaminophen Acupuncture	<b>6</b> improve due to treatment <b>94</b> don't improve 	The chance of serious harm is the same for treatment or placebo (fake treatment). Exercise can cause people to stop due to pain. Acupuncture can cause bruising.
<b>Level 2</b> <sup>+++ to ++++</sup> These options work better than a placebo and avoid serious harm	NSAID creams  Joint injections with steroid or visco-supplement	<b>25</b> improve due to treatment <b>75</b> don't improve 	The chance of serious harm is the same for treatment or placebo (fake treatment). NSAID creams can cause dry skin or rash. Side effects from joint injection (viscosupplement) can cause people to stop taking it.
<b>Level 3</b> <sup>+++</sup> These options work better than a placebo. Some people are harmed by the treatment.	NSAID pills  Opioid Painkillers such as opioids, oxycontin, oxycodone, codeine, morphine, demerol	<b>21</b> improve due to treatment <b>79</b> don't improve 	NSAID pills can cause nausea, bleeding, ulcers, or heart attack. <b>1</b> more person gets a bleed ulcer or heart attack from NSAID pills <b>99</b> people avoid this 
<b>Level 4</b>	Surgery	See a surgeon about joint replacement surgery if other options have not worked.	Opioid painkillers can cause nausea, constipation, or withdrawal symptoms. <b>23</b> more people get withdrawal symptoms when their Opioid painkillers are reduced <b>77</b> people avoid this 

NOTE: The estimates of benefits and harms of most options are based on sound research. Level 2 and 3 options and most of Level 1 options are rated ‘4 plus (++++). This means that further research is very unlikely to change the estimates. Some options in Level 1 (health weight, insoles) and Level 0 (Chondroitin, Capsaicin) are rated ‘3 plus (+++). This means their estimates may change if further research is done. TENS in level ) is rated ‘two plus (++)’, which means that estimates are very likely to change with further research.

## Step 2: Which reasons to choose each option matter most to you?

- Common reasons to choose each option are listed below
- Show how much each reason matters to you by circling a number from 0 to 5
- ‘0’ means it is **not** important to you. ‘5’ means it is **very** important to you.
- If a reason is important to you, the options to consider are shown in the column on the right

How important is it to you ...	Not Important					Very Important		Options to consider if this reason is important to you
To get better pain relief	0	1	2	3	4	5	Try other options in your current Level or move to the next Level.	
To avoid taking prescription pills?	0	1	2	3	4	5	Try options in Level 1 or 2.	
To avoid needles?	0	1	2	3	4	5	Avoid joint injections in Level 2 and acupuncture in Level 1.	
To avoid serious harms such as bleeding ulcers or heart attack?	0	1	2	3	4	5	Avoid NSAID pills in level 3.	
To avoid withdrawal symptoms?	0	1	2	3	4	5	Avoid OPIOID painkillers in Level 3.	
List other reasons	0	1	2	3	4	5		
	0	1	2	3	4	5		

**Now, think about the reasons that are most important to you. Think about whether you need to change your current plan for managing osteoarthritis? If you think you should make a change, should you follow your current plan more regularly, or try another option?**

Which option do you prefer?

- I am unsure
- I prefer to make no change from what I am currently doing
- I prefer to make a change, namely, \_\_\_\_\_

### Step 3: What else do you need to prepare for decision making?

#### Find out how well this decision aid helped you to learn the key facts.

Check  the best answer.

- |  |                          |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. Which option has the highest chance of improving pain?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  | Joint injection          | Acetaminophen            | Chondroitin              | Don't Know               |
| 2. Which option has the highest chance of bleeding ulcers or heart attack?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  | Glucosamine              | NSAID pills              | Opioid painkillers       | Don't Know               |
| 3. Which option has the highest chance of withdrawal symptoms?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  | Glucosamine              | NSAID pills              | Opioid painkillers       | Don't Know               |
| 4. If 100 people take NSAID pills for 1 to 6 months, how many more people will have a bleeding ulcer or heart attack from taking them? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  | 0                        | 1-2                      | 3-5                      | Don't Know               |
| 5. Over time, the pain from osteoarthritis usually...  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  | Gets worse               | Stays the same           | Gets better              | Don't Know               |

Check your answers against those at the bottom of the page

#### Find out how comfortable you feel about deciding

- Do you know enough about the benefits and harms of each option to make a choice?  Yes  No
- Are you clear about which benefits and harms matter most to you?  Yes  No
- Do you have enough support and advice from others to make a choice?  Yes  No
- Do you feel sure about the best choice for you?  Yes  No

### Step 4: What are the next steps?

Check  how far along you are in this decision

- I am unsure
- I prefer to make no change
- I prefer to change my plan to: \_\_\_\_\_

- |  |               |                |
|--|---------------|----------------|
| ➤ How motivated are you to make a change?            | Not Motivated | Very Motivated |
| ➤ How confident are you that you can do this?        | Not Confident | Very Confident |
| ➤ List things that may get in the way of doing this: |               |                |
| ➤ List things that may help you to do this:          |               |                |

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This information is not intended to replace the advice of a health care provider

Answers for key facts: 1. Joint Injection; 2 NSAID pills; 4. Opioid painkillers; 4. 1 to 2; 5. Gets worse

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